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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

HOMEMAKERS' CHAT WEDNESDAY, August 2, 1939

(For Broadcast Use Only)

SUBJECT: "MILK FOR THE TEEN AGE." Information from the Bureau of Home Economics, U.S.D.A.

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Most mothers nowadays know that young children need a quart of milk a day especially to supply calcium for strong teeth and bones, and good health generally. So careful mothers take pains to see that their youngsters have this daily milk quota.

But as children grow older, mothers are likely to relax their watchfulness about diet, especially about the milk their children drink. At 10 or 12 Junior and Jane are usually eating what the grown-ups do, and drinking about the same amount of milk. They feel very grown-up and all too often have come to think of milk as a food they've outgrown. This is unfortunate because at 10 and 12 and usually at 15 and 16 bones are still growing and need a generous supply of calcium and vitamin D to grow well. Unless children have their quart of milk a day as long as they are growing, they are very likely to go shy on the building materials they need. There is some evidence that children need the most calcium in the years between 10 and 16 so this is no time to relax on milk.

But what's a mother going to do if her 10-year-old decides he doesn't care to drink milk anymore? What's a mother going to do if her teen-age daughter turns up her nose in scorn and says she's too old for "baby food"?

Well, there are several ways to meet the situation. You can interest some children at this age in the facts about milk and strong bones and good teeth--call it milk and <u>good looks</u>, if that's more convincing. But if they can't be persuaded by the facts, you have another method of insuring them of their milk quota---use lots of milk in your <u>cooking</u>. This will keep peace in the family, often make for

better meals, and be good for everybody.

You can plan meals to include many dishes made with milk. In many recipes you can substitute milk for water or other liquid.

You can cook many breakfast cereals in milk instead of water. You can make your scrambled eggs with milk, and poach eggs in milk instead of water. You can use milk in the breakfast muffins--in fact, in all your baking. When you serve soup, make it a cream soup. When you cook vegetables, you can often cook them in milk or serve them with creamed sauce.

Almost every youngster likes ice cream. During the hot weather ice cream and other chilled and frozen desserts offer a big opportunity to bring milk into the menu. A great number of homemade ice cream recipes and sherbet mixtures call for a good deal of milk. Other favorite chilled desserts for summer are custard mixtures--frozen custards or custards stiffened with gelatin like Bavarian and Spanish cream. Then, of course, there are the tapioca creams and the cornstarch puddings made with milk, so good at this time of year with fresh fruit sauce.

Go into any drug store anywhere these days and you'll notice how the teen-age youngsters crowd around the soda fountain. The very youngsters who feel too grown-up to drink milk at home consider a milk-shake or a malt at the store very sophisticated. Here's a taste to be encouraged. Milk drinks give growing children much more of the food value they need than the pops and sodas that sell in such quantities these days. When the children gather at home in the evening, encourage them to make their own milk shakes by having the makings ready. An egg beater or shaker, some chocolate sirup or other flavoring, and plenty of milk are the supplies they need. By the way, <u>tall</u> glasses look more "professional" and give the youngsters longer drinks of milk.

But to get back to the meals you plan: Serve a good many creamed and scalloped dishes--creamed vegetables, creamed dried beef or ham, creamed eggs,

creamed tuna fish or salmon, and so on. Some vegetables hold their color and flavor better if you cook them in milk. You can cook corn on the cob in milk. You can also cook shredded cabbage, green peppers, cut-up spinach, carrots and celery just a few minutes in milk. Add salt, pepper, butter and flour to thicken. If your family likes cheese flavor, you can build up the calcium even more by adding grated cheese to your creamed dishes.

Another way to work milk into the menu is to use milk instead of water in making gravy.

Whenever you are baking, use milk in the batter. Milk in bread improves the flavor and texture and helps make the bread brown. You can use milk in biscuits, waffles, griddle cakes, muffins, nut bread, and all the other quick breads. Use it also in yeast breads. And use it in your cakes and cookies.

When cooler weather comes on, you have many good opportunities to work milk into the meals by serving cream soup. Almost any vegetable makes good cream soup--everything from onions and celery to mushrooms, tomatoes, corn and peas. You can also make cream soup with peanut butter, and cheese, and flaked fish.

Whenever and wherever you can bring milk into your cooking, do it for the sake of the growing youngsters--all the growing youngsters. Whether they know it or not, they need lots of milk probably until they're older than 16.

You'll find the facts about milk and directions for making many milk dishes in the Department of Agriculture's milk bulletin. Write to the Department of Agriculture, Washington, D.C. and ask for "Milk for the Family," Farmers' Bulletin No. 1705. It is free as long as the supply lasts.

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